

Advice on Medications

- Take the medication(s) as instructed and attend regular medical follow-up. Do not stop it without doctor's instruction.
- Consult your doctor immediately if you experience any allergic reactions such as skin rash, swelling of the face or hands and breathing difficulty.
- Generally, adverse reactions are mild and transient. Consult your doctor if the adverse reactions persist or become worse.
- If you miss a dose, take it as soon as you remember. However, if it is almost time for the next scheduled dose, skip the missed dose and take the next dose as directed. Do not double the dose.
- Inform your doctor if you are pregnant, planning to become pregnant or breastfeeding.
- Tell your doctor or pharmacist about medications that you are taking, including prescription medicines, over-the-counter medicines and vitamins.

Lifestyle Advice

- Maintain a healthy weight.
- Quit smoking.
- Reduce salt intake and eat less preserved and processed food.
- Exercise regularly.
- Have a balanced diet.
- Check and record your blood pressure regularly.
- Take enough rest and manage stress.



This information leaflet is for reference only.

Medicines should be used as directed by the doctor and pharmacist.

For enquiry, please contact your doctor, dispensary staff or other healthcare professionals.

Do not share your medicine with others.

General Knowledge on Antihypertensive Medications



Drug Office
Department of Health



Hypertension

Hypertension refers to prolonged and persistent elevation of blood pressure above the normal range. Although hypertension usually has no symptoms, it can cause complications such as stroke, heart disease and kidney disease. Optimal control of blood pressure is important to reduce risk of complications.

Common Antihypertensive Medications

Calcium channel blockers
(Nifedipine, Amlodipine, Felodipine, Diltiazem)

They dilate blood vessels; some of them also reduce heart rate. Patients taking nifedipine, felodipine or diltiazem should avoid grapefruit or grapefruit juice. Common side effects include tiredness, ankle swelling, flushing, headache, nausea and vomiting.

Angiotensin-converting enzyme (ACE) inhibitors
(Captopril, Lisinopril, Perindopril) and

Angiotensin-II receptor antagonists (Losartan, Irbesartan)
They dilate blood vessels and reduce hormones that raise blood pressure. They are contraindicated in pregnancy. ACEIs may cause dry cough in some patients. Talk to your doctor if the cough makes you uncomfortable. Common side effects include dizziness, tiredness, abdominal pain, nausea and vomiting.

⚠️ Rarely, a serious allergic reaction can occur. If you experience swelling of the face, mouth or throat, stop the medication and seek medical help immediately.

Diuretics
(Hydrochlorothiazide, Indapamide, Frusemide, Spironolactone)

They promote the removal of salt and water from the body. Preferably, take diuretics in the morning to prevent frequent urination at night. Common side effects include dizziness, frequent urination, headache, thirst and stomach upset.

Beta-blockers
(Atenolol, Metoprolol, Propranolol)

They dilate blood vessels and reduce heart rate. If you have asthma or chronic obstructive pulmonary disease, consult your doctor before using beta-blockers. Common side effects include slow heartbeat, cold hands and feet, tiredness, sleep disturbance, dizziness, constipation and diarrhoea.



Alpha-blockers
(Prazosin)

They dilate blood vessels. Common side effects include postural hypotension, drowsiness, dizziness and headache.

Storage

Store the medications in a cool, dry place and away from direct heat and light. Generally, there is no need to store in the refrigerator unless stated on drug labels.

Store the medications out of reach of children.